Choose Canned and Dried Vegetables for Between Season Use

Excellent Brands of Sweet Potatoes, Lima Beans and Corn and Three "Cookellized" Products

ecially, prove what a mistake it is tive flavor. ods just because so much has been butter butter butter work at all on the cannel corn, three butter avs running, would certainly disays running, would extend advocate. 2 cggs on made this week in the Institute rom the tested brand were delica-

estatoes of the Mac-Q brand were not use a top crust.

hat they are ready for serving with no labor, or merely "heating up."

WHEN you give a child you give it all the eggthe yolk alone. Do the same with wheat. Whole wheat is nature's most complete Give your child Ralston, the whole whent food, none and muscle building ts of wheat that

the taste children love. Try Raiston The whole wheat food

bodies need.

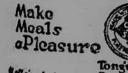
gives Raston

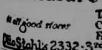


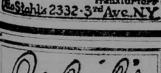














HOROUGHLY pickled and then scenned in the fragrance of sweet hardwood smoke, Adolf Gobel's "Quality First" Smoked Ham is a delicacy o be enjoyed often. Buy at your food store for baking, broiling or frying.

sanne L. Pierce, Director, and ber of extremely attractive dishes M. Lee, Tribune Institute | that were worked out in the Insti-DETWEEN seasons is the time tute laboratory-kitchen. The sweet to use the canned and dried potato pie and the croquettes were vegetables. The brands dis- both good, but the paim went to the regetables. Large excellent, candied sweet potatoes, which were sether viewed from the standpoint most delicious. A close second in shether viewed 11000 guality; and flavor was the potato souffle, which, he special uses worked out for the even after long standing, had a anned corn, and sweet potatoes es- light, delicate texture and a distinc-

Sweet Potato Pic

Cream together the butter and sugar. Add the eggs, beaten without separating, then the other in-Sweet Potatoes in the Can gredients in the order given. Bake The sweet potato season is much the pie for about twenty-five minthan its popularity and utes in a hot oven (400 degrees F.). many Northerners are entirely un- Cover with a fluffy meringue unless quainted with the sweet, deep-yel- the pie has strips of pastry across potato of the South. While the top in "cross-bar" fashion. Do

"smilke" in their moisture con- The sweet potato pic is to the out color and sweetness, they were South what the pumpkin pie is to at really vams. Their quality is the North, and, as has been sagely ness of the potato deserve some peeled and cooked, so credit for the excellent result.

This recipe for sweet potato ero test and makes a fine accompani-Total and endorsed by The Tribune ment for a roast, fowl or duck;

> Into the well beaten egg stir the melted butter and the almonds that have been put through a food mill. Add the potato. Shape into croquettes, roll in flour and fry in deep fat at 370 degrees. This will make one dezen croquettes.

> The very slight almond flavor obtained hardly justified the expense or trouble, therefore either add more or leave the nuts out altogether. The almonds after blanching might be split and laid lengthwise on the side of the croquettes before rolling in flour.

Sweet Potato Souffle

By this souffic recipe a little cold potato can be transformed into a puffy, delicious dish. It is not highly spiced, the delicate flavor of the vegetable being retained:

2 eggs
I cupful milk
peat in layers until all material is
1% tablespoonfuls
used. Cook about one-half hour in potato

1 tablespoonfuls used. Cook about one-hal
to teaspoonful cin- 1/2 teaspoonful nut. a moderate oven (375 F).

Candied Sweet Potatoes 8 medium potatoes is cupful butter | Libby brand, is another well chosen or butter substitutely label.

sugar tute 1% cupfuls water Cinnamon Boil the water and sugar together ucts are of unusual interest, and, as until the consistency of a thin maple ever, they are a special book to those syrup. Slice the potatoes into a but- guilty of "light housekeeping," as tered baking dish, dot with butter they are pecled and ready for the and pour the syrup over them, grill, needing only a finishing touch,

Both of the sweet potato packs Mash the potatoes or put them were solid, with no waste and no through a ricer. Add the beaten drained moisture, the Libby brand egg yolks to the other ingredients. being twice as dry as the Mac-Q Stir the potato into this, then fold but relatively less sweet-due, in the stiffly beaten egg whites, doubtless, to the variety of potato Bake this for an hour in a buttered canned. Some allowance must be he even at about made in "candying" for the differ-425 degrees F. An hour seems a ence in moisture in the product, long time to cook a souffle, but this "Solid dry pack Mississippi Golden is not a liquid one, and it does not Yellow," as claimed for the Mac-Q all quickly, having a "sponge-cake" brand, is right, and "A product always dependable, retaining its natural aweetness and flavor," on the

We really think that these prod-

Low Temperature Processed Carrots. Asparagus and Onions Are Exceptional

roung, tender vegetables in the nutrition. amazingly little effect on color and flavor. These products do not advertise, they sell parcel post, and For each cup of soup allow from color and flavor. we have no ax to grind in the one to one and a half teaspoonfuls. The dried chions are one of the steak as though one started with plain "news" about a new type of product, whose compactness, con- Cook twenty-five minutes, and so difficult to handle and prepare cedure was followed: venience, freedom from refuse, and three-quarters of a cup of milk, without much "oderiferousness." A ease of transportation and storage, one teaspoonful of butter, salt and fiber box of dried onions is a great Creamed Cookellized Onions combined with quality, make it a boon to travelers, campers and kitchenetters and a convenience for kitchenetters and a convenience for the kitchenetters are a conven an imported Holland product, is The dehydrated carrots show an also of exceptional quality.)

Asparagus Powder

The three products reported on make a fine product in every way. this week are dried onlons, carrots, Served with a chicken dinner they and an asparagus powder. The lat- made a place for themselves on the ter makes a very delicate cream menu when cooked according to the soup with little trouble, but does recipe on the box, with no pre-soaknot go into solution perfectly, and ing. The handling was as follows: the flavor is not distinctive. It One cupful of carrots is placed in or well flavored potato or celery forty-five minutes, covered. scop. The spinach powder is more No longer cocking was necessary.

10.4 per cent of water left in it, No water should be drained off.

WE rather regret to call the trated powder represents 41 per of the old names because they and is about 42 per cent soluble— it come to a boil and serve. ome back to normalcy without any so even a teaspoonful of powder. A quarter of a cupful of carrots! When one tablespoonful of onion oaking, are made from fresh, added to a cup of milk adds to its measured three-quarters of a cupful was beiled for five minutes in one-

matter. We are telling you the of asparagus powder. Put this on most interesting of all because they the fresh product.

Carrots and Onions

eightfold concentration, have an excollent flavor and appearance, and

tasting rather like a strained oyster teaspoonful of sugar and boiled for

though five or ten minutes more

Who's Who in Foodville



The Plan of Work

THESE PRODUCTS HAVE BEEN SUR-JECTED TO A CHEMICAL TEST AND SHOWN TO BE OF EXCELLENT QUALITY AND FREE FROM ADULTERA

TION. COOKING TESTS IN THE INSTITUTE LAB. CRATORY HAVE BEEN MADE TO DETERMINE THEIR EDIBILITY AND ADAPTATION TO SPECIAL

THE RESULTS OBTAINED ARE REPORTED IN PART ON THIS PAGE, AND ANY FURTHER IN-FORMATION DESIRED MAY BE OBTAINED BY APPLICATION TO THE INSTITUTE.

The Foods Tested

Beech-Nut Brand Spaghetti Warwick Brand Luna Beans

Joseph Blakely, Inc., Freehold, N. J. Queen Sugar Com

Queen Baby Succotash Koenig & Schuster (Distributors), New York City

Sweet Potatoes

Libby, McNeill & Libby, Chicago, III.

Mac-Q Brand Sweet Potatoes

Mac-Q Company, Inc., Collins, Miss Cookellized Dried Onions Cookellized Dried Carrots

Cookellized Powdered Asparagus Southland Products Company, Humboldt, Tean, and Dr. John F. Kelly, Pittafield, Mass.

keting. It is only when you "catch

'em young" that they are tender and

of appreciation of vegetables is due

to this tendency to go in for quan-

tity rather than quality. The War

wick lima beans are no larger than

your thumb nail, greenish and

tender. There is over 5 per cent of

protein in this vegetable, and when

is one of the most attractive and

nutritious of canned vegetables.

The Queen Baby succetash is made

from soaked dried beans, but both

beans and corn are of baby size;

there is no excess of water, and the

B per cent of protein, 2 per cent of

sugars and 1 per cent of fat, in-

dicate a quality that is borne out by

But it was on the corn that we

expended our best efforts. This

product had over 4 per cent of

sugars, 2.64 per cent of protein,

1.29 per cent of fat, and was de-

clared to be "very fine and sweet in

flavor." It is a fancy Maine pack

buttered and seasoned.

Sprinkle on a little cinnamon. Remeat in layers until all material is "Eating One's Way West" With The Tribune Institute Director sweet. Much of our national lack

During her trip to the Pacific Coast, and the air weeks' is protion tour in that section of the country, Miss Pierce will keep in touch with the Institute readers through her "tood" letters. These will appear each Sunday on this page, beginning with the "sue of next Sunday, February 19.

Dear Institute Fans: We are on our way West to make the personal acquaintance of every lemon and orange, surding and tuna fish, prune, raisin and walnut on the Pacific Coast for the purpose of letting you know all about them. In the meantime we just cannot keep to ourselves the happenings, and especially the food adventures by the scay. Food means sociability, and relaxation, more strength, and health, and joy in the getting of it.

Any thing that must be done three times a day should be made a part of the fine art of living and the most gotten out of it that is possible. Any one who cats the way a stoker replenishes the furnace, just to keep things going, is wasting a golden oppostunity. Smell and taste are God-given faculties and should be used. But the pleasures of the table are not mere sense pleasures. they include adventure, choice, sociability, the gladness of hospitality, and the more confidential conversation that seems incidental to breaking bread together. Both the festival and the sacramental elements enter into every meal-if it is a success. Ind if it is not-there is always another one coming!

You are invited to "cat along with us" from coast to coast.

Anna L. Pierce, Director, Tribune Institute.

Cookellized products by any cent protein, 8 per cent of minerals, each), add milk and seasoning, let times its own weight of water dur-

as perfectly satisfactory. There is and cook for five minutes more. Put only 14 per cent of water left of the in the milk and thicken with the original 87 per cent and 67 per cent creamed butter and flour. Add pepof the material is water soluble. The per, allow to boil up once and serve. dried substance absorbed seven This will make about two portions.

when cooked and only a quarter cup- haif cupful of water (put on boilreginning, and the gentle method The soup (excellent for children ful of liquid remained. This would ing) the "fresh point" seemed to of low temperature drying used has and invalids) was made in this wise: make two small portion or one have been reached, and they were large one. The slices of carrot were then fried in half an ounce of salt Cream of Asparagus Soup whole, but soft and delightful in pork. Treated this way they could have been as successful served with

remember, and none left over, just Pour boiling water on the onions the amount you need on tap either and cook for thirty minutes. If the for flavoring or use as a vegetable. water boils away replace it. Add the Flavor and texture were reported salt (about one-half teaspoonful)

was well liked, but not identified, six cupture of boiling water with a Vegetables Should Not Grow Too **Much Before Canning or Marketing**

The asparagus powder has only after adding the salt was suggested. THE Blakely and the Koenig & tenderness. It is one of our pet food Schuster brands of lima beans, grouches that so many United States whereas the original asparagus had Thicken the water that remains with succotash and sugar corn are nota- vegetables are allowed to grow too 94 per cent of water. This concer- butter and fieur (one tablespoonful ble especially for their youth and big-whether for canning or mar-

Are Many When Served in Varied Delicious Recipes

The Advantages of Tinned Goods

chowder, according to the follow- serve with crackers tadded to I This amount makes about six po-

Corn Chowder

tablespoonfuls 1 can corn (11 oz.)
dried onion (or 2 cupfuls boiling
4 to 6 of fresh chopped onion) 4 cupfuls milk
cupful boiling 5 cupful mashed
water potato
ounce selt perk Salt and paper

Deal the dried onion or supful

fry the onions. Simmer the corn in in a hot oven (400 F.). the two cupfuls of boiling water for | This dish is more exciting that about ten minutes. Add the milk and sounds, but remember to be a

Boil the dried onion in one cupful layer of corn, then a layer of brea of the boiling water for five minutes erumbs, sait, papper and dots just enough to bring them back to butter. Repeat until all material the fresh state). Fry the salt pork, used making the top layer skim out the meat and in the fat crumbs. Bake for twenty minute

mashed potato, the pork, onions, stingy with the pepper pot.

A Kitchen Time-Saver----Canned Spaghetti With Unusual Sauce

ghetti is one of the lifesavers of bacon on top.

and moisture, the latter 82 per cent, saving, for those who travel through but the 5.25 per cent of protein in. life by the grill and hotel routes. dicates a good wheat product and the cheese and tomato "balance and One more suggestion: Try as ration" perfectly. They are not used to this can, putting a very sma

Ready to Serve

grated parmesan cheese or put every need is met.

"HE new Beech-Nut blend of spa- under the broiler with a few slices

for those who must eat but must hour, making a sauce, grating be quick about it! And the best cheese, and cooking again- all this of cooks could hardly exceed its is saved the housekeeper when she quality with any amount of time, pays the price for a ready-to-serve though some may want more cheese product of this kind. It is no in theirs. Only about 1 per cent that it could be home-made for less of fat, due to cheese, was found, money, buying the dried macaronand this flavor is extremely deli- less its moisture. But for 18 cent cate, though distinguishable. There 2 pound or 9 cents a portion, to is no drained liquid at all, the sauce form the backbone of the meal for being thoroughly incorporated and meal compared with cafe or resthe whole rich and well blended. taurant food, and to is venemical These products are mostly starch as well as fine quality and trouble

Vary to Suit Taste

before serving) and heating on th grill (with a little cream or mill Special care has been given to to prevent drying out), then brown the sauce and blending of flavor ing underneath, using the reflector in this product. It is slightly sweet If you do not produce a one-dist and rich, really best used "as is." meal of high quality, at a minimum of labor and expense, we will pay though some may like it served with the difference. Served with a salar

(Tested and endorsed by The Tribune Institute)

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It takes patience, too. And then there may be no success, or only a little,

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